



Creamy Avocado DIP

(Serves 8. Prep Time: 10 mins)

Ingredients

4 avocados

½ cup sour cream

1 jalapeño, seeded and roughly chopped

¼ tsp black pepper

1 cup fresh cilantro

¼ cup fresh lime juice

1 tsp salt

Directions

Step 1. Scoop the avocados out of their skins and place in a food processor.

Step 2. Add the cilantro, sour cream, lime juice, jalapeño, salt, and pepper and blend until smooth

Serve with DIP Tortilla Chips, Multigrain Chips or Pita Chips

